



annapolis

recreation & parks

Healthy Living Starts Here.

Summer Program Guide

May - August 2010



Fitness Class
Preview Week
May 24 - 28, 2010
Program or Full Members
can TRY out these
specialized classes for
FREE. See page 6
for more ...



Cool off this summer at
the Truxtun Park Pool!

See page 8 - 9 for more info ...

www.annapolis.gov/recreation

410.263.7958

recpark@annapolis.gov

Recreation & Parks Facilities:

"Pip" Moyer Recreation Center
273 Hilltop Lane, Annapolis
410.263.7958 • Fax: 410.626.9731

Annapolis Walk Community Center
1701 Belle Drive, Annapolis

Dunn Municipal Pool at Truxtun Park
Pumphouse Road, Annapolis
410.263.7928 (seasonal)

Parks Maintenance Office
200 Truxtun Park Road, Annapolis
410.263.7993

Stanton Community Center
92 W. Washington Street, Annapolis
Office: 410.295.5519
Recreation Staff: 410.263.7966



PMRC Summer Hours:

Effective June 1 - September 5, 2010

Monday - Thursday	6 am - 9 pm
Friday	6 am - 6 pm
Saturday	8 am - 6 pm
Sunday	11 am - 6 pm

Hours may vary with the season.

PMRC will be closed on Memorial Day, July 4th, August 23 - 29 and Labor Day.

For more information regarding specific hours for Open Gym, Ballocity™, Rock Climbing Wall, and the Auxiliary Gym, visit www.annapolis.gov/recreation then click "Pip" Moyer Recreation Center. Please note: dates and times are subject to change based on event scheduling and availability.

ARPD Administrative Hours:

Monday - Friday 8:30 am - 4:30 pm

You Snooze, You Lose

Nothing cancels a good class quicker than waiting until the last minute to register. If there are not enough registrants by a certain date, the program may be canceled. Registering the day of a class will not save the class. Please register for all classes as early as possible. Even better, register with a friend!



IMPORTANT:

Please remember to check-in at the front desk upon entering "Pip" Moyer Recreation Center

NOTE: "Pip" Moyer Recreation Center Programs

In order to support the day-to-day operations of this new Center, membership fees apply to any program held in the new building. Any visitor who does not hold a full or program membership may purchase a guest pass to utilize the facility. Please remember to bring proof of residency. Scholarships are available for those with financial need. Please call the Recreation Center for detailed information or visit us online at: www.annapolis.gov/recreation.

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Am I a City of Annapolis Resident?

Annapolis Recreation and Parks welcomes all Annapolis City, Anne Arundel County and non-county residents to participate in our programs and classes. However, sometimes it is confusing to know if you qualify for the "resident" rate within the Department's fee structure.

"Resident" is defined as living in the corporate limits of the City of Annapolis. You may have an Annapolis mailing address or a 21401/21403 zip code, but you may not live in the corporate limits or pay City taxes. The resident/non-resident fee structure has been established to benefit those individuals and families whose City taxes help off-set the cost of Department operations.

To determine if you live within the corporate limits, please check the street listing listed online: <http://www.annapolis.gov/info.asp?page=2821>. If your street is not listed, you are required to pay the non-resident rate for classes and programs. Thank you in advance for your assistance in listing your correct residency status.

Healthy Living Starts Here.

Unbelievable Features:

Basketball and volleyball courts
Cardio and strength training equipment
Indoor Ballocity™ playground
Indoor walking/jogging track
Kidz Zone baby sitting services
Meeting/banquet rooms available for rent
Rock climbing wall
... and much, much, more!!

Fitness Center

The Fitness Center is located on the main level floor in the facility. It includes cardiovascular equipment (treadmills, bikes, cross trainers, rowing machines), free weights, and plate-loaded fitness equipment. The Fitness Specialists are available to assist members with the proper use of all equipment. Membership or guest pass required. The minimum age to use equipment is 14 years old and a fitness orientation is required.

Indoor Ballocity™ Playspace

A safe, clean indoor play space for children of all ages. Ballocity™ is a unique play arena that allows soft, washable balls to be collected and placed into a fountain, levitation table, hoppers and blasters for hours of active fun. Children (and adults) can climb, slide, stretch, and push their way through an obstacle course built onto 6 foot tall platforms. Smaller children can also explore the soft foam play pieces located next to the play structure. Full membership or daily passes are required for children 3 years and older. No shoes permitted and socks are required.

Kidz Zone - baby sitting services

Fee: \$3/hr (or any portion of an hour) for first child; \$2/hr for additional children in same family.
10 hr punch card: \$25

Hours of Operation:

Monday - Thursday	9 am - 12 pm; 5 - 8 pm
Friday & Saturday	9 am - 12 pm
Sunday	Closed

Parent(s) must remain in building while child attends Kidz Zone. Kidz Zone is available for children ages 4 months to 12 years. Maximum length of each visit is two hours.

Adults need to pay at the Front Desk for the child care services. The cashier will issue a receipt to present to the child care attendant. **Adults must remain in the facility at all times while their child is in the Kidz Zone room.**



Open Gym

Open volleyball or basketball play is available on at least one court at most times. The schedule will be available at the Front Desk or on-line at www.annapolis.gov/recreation. Full membership or guest passes required. Open gym times may be interrupted occasionally due to special events. **Please note: dates and times are subject to change based on event scheduling and availability.**

Rock Climbing Wall

The "Pip" Moyer Recreation Center is home to a 31 foot, indoor climbing wall. Outfitted with three (3) belays, the climbing staff has arranged holds, color-coded routes, and rated routes based on difficulty. For safety, the climbing wall is only open when a trained safety guide can instruct, monitor, and assist climbers. Hours are posted at the front desk and at the climbing wall area. Climbers must agree to follow all policies and procedures of the facility. The wall is available for use during posted hours with the purchase of a guest pass or full membership.

Walking/Jogging Track

An indoor track is suspended above the gymnasium floor. It is available for use with the purchase of a guest pass or full membership. Eight (8) laps is about one (1) mile. Anyone age 13 or older may use the track unattended; however, anyone under age 13 must be accompanied by an adult. Strollers are only permitted on the track weekdays between the hours of 9 am and 4 pm as long as it is not too crowded. This will be up to the discretion of the staff.



Host your next party or
event at the™Pip Moyer
Recreation Center!

See page 13 for more info ...



"Pip" Moyer Recreation Center

Membership

Fees are determined annually by the Annapolis City Council. Fees stated online are valid for FY2010 (July 1, 2009 - June 30, 2010). A new fee schedule will be set by the Annapolis City Council for fiscal year 2011. It is expected that membership and rental fees will increase after July 1, 2010. Please watch the Web site at www.annapolis.gov/recreation for new membership and rental rates.

Full Membership

- Unlimited use of the gymnasium, fitness center, indoor track, indoor playground (posted times) and rock climbing wall (posted times)
- Unlimited access to Primary Fitness Classes (12 offered per week), see page 5 for details
- Register for programs and classes held at PMRC and rent meeting rooms (program/rental fees apply)
- Use of Kidz Zone baby sitting services (extra fees apply)
- Pay annually or monthly

Program Membership

- Register for programs and classes held at the new center and rent meeting rooms (program/rental fees apply)
- Use of Kidz Zone baby sitting services (extra fees apply)
- Program memberships are valid for one or more programs during the entire calendar year

Punch Card & Guest Pass

- Available for purchase to use the PMRC amenities



Join now! Fees
will increase
July 1, 2010!

Full Membership Fitness Perks!!!

- Primary fitness classes are INCLUDED (12 offered per week) with Full Memberships! 10 weeks to take 12 classes - for FREE!
- A complimentary Fitness Orientation (60 minutes) designed to help you become familiar with PMRC, develop your fitness goals and workout plan.
- Two complimentary personal training sessions*:
 1. one 60 minute session
 2. one 30 minute follow-up session

*Please note: Complimentary personal training sessions are only valid within 30 days of the Fitness Orientation. A 24-hour notice is required for cancelled or re-scheduled personal training sessions.

Family memberships and Adult/Spouse memberships require all members to reside at the same address. Proof of residency will be required.

Youth member (Age 3 - 17 yrs)
Senior member (Age 62 +)

Annual memberships are paid in full at time of registration. No refunds for any reason are granted. Monthly rates are per month with a pre-paid four month fee which is non-refundable. Monthly memberships may be cancelled after four months with 30 days notice. Punch cards are valid for one year from date of purchase.

All memberships are non-refundable and non-transferable.

Three ways to sign up for your Fitness Orientation:

- 1 Speak with a Fitness Specialist at PMRC or call 410.263.7958
- 2 E-mail our Fitness Coordinator, Tom Milenkevich: tmilenkevich@annapolis.gov
- 3 Complete a Personal Training Interest Form at the PMRC front desk.

Need more personal training?

Sign up for 30 or 60 minute individual training sessions or bring a partner for a 60 minute session. Stretch your dollars and purchase a 6 or 12 personal training session punch card. For rates inquire at the Front Desk of "Pip" Moyer Recreation Center.

**NEW
THIS
SUMMER!!**

You asked for it ... the following Primary Fitness Classes are now included with your Full Membership!

Program members may purchase a "Fitness Class Pass" or pay a Drop-In Fee to join any or all Primary Fitness Classes. See below ...

Primary Fitness Classes

**Unlimited access with FULL membership! Classes begin June 14 and run for 10 weeks.
All classes are for ages 16+, unless otherwise noted.**

Abs & Back Express

Forget doing endless crunches on your own - you can benefit from effectively working your abs and back. Have fun and work your entire mid-section - abs, obliques, hips, glutes, and the all important low back muscles.

Mondays 5:30 - 6 pm, Exercise B

Aerobic Walk *Age 55+*

Socialize while you exercise. Under the direction of an instructor, enjoy walking outside around Truxtun Park (as weather permits) or indoors on the PMRC track. Class includes warm-up, cool-down, stretching and some functional training.

Wednesdays 11:45 am - 12:30 pm, Indoor track/Outdoor trails

Balance Class *Age 55+*

For many older adults, loss of balance and fear of falling are major concerns. Practice easy-to-learn body positions and movements in a relaxed and supportive environment to help you develop and maintain better balance. Exercises also help you build bone density for osteoporosis prevention. Instructor: Kay Musial, Certified Fitness Instructor for Older Adults.

Mondays 10:15 - 11:15 am, Exercise A

Express Indoor Cycling

Wake up and get moving! We're opening our doors earlier so you can get your workout in ahead of your day. Others will still be hitting the snooze button while you're hitting the hill climbs, jumps, and interval tracks. You won't need your morning coffee after this energizing forty-five minutes of cardio-fun. Class includes warm-up, cool-down and stretching. Please bring a water bottle and small towel to class.

Mondays 6:15 - 7 am, Cycle Studio

Functional Fitness

Strengthen and train your whole body to improve function in both athletic endeavors and activities of daily living. This class does it all - muscle tone, flexibility, agility drills, balance, core strength and heart-pumping cardio circuit training.

Mondays 6:15 - 7:15 pm, Exercise B

Group Cycle Extravaganza

Pedal your way through hill climbs, sprints, chases, and many other exciting drills for a great cardiovascular workout. The variety of profiles - endurance rides, strength rides, interval training - offer something for everyone and will challenge you like no other. 60-minute class includes warm-up, cool-down and stretching. Please bring a water bottle and small towel to class.

Thursdays 6:30 - 7:30 pm, Cycle Studio

Morning Yoga

This yoga class will appeal to both new and experienced students alike. It includes a centering, stretches, asanas (yoga postures) standing, sitting and lying down, with explanations of how to come in and out of postures. There is attention to breathing and alignment of the body. Students generally feel inner peace, relaxation, and a sense of renewal from this class. Please bring your own yoga mat.

Tuesdays 6:15 - 7:15 am, Exercise B

Pilates - Mat

Uniquely combining eastern and western fitness and mind-body disciplines, Pilates provides a balanced, full-body workout. The movements are designed to strengthen the "core" - the muscles of the lower back, the abdomen, and the gluteus muscles - to support the body's natural architecture and balance.

Thursdays 7 - 8 pm, Exercise A



Power Yoga

This class is a vigorous, fitness-based approach to vinyasa-style yoga with a general emphasis on strength and flexibility. Power yoga does not limit itself to a set series of poses. Instead it is free to vary from one class to the next - changing emphasis or focus of practice and allowing the instructor to customize the flow for participants. Please bring your own yoga mat.

Saturdays 8:15 - 9:30 am, Exercise B

Sit & Fit *Age 55+*

This class is designed to make exercise fun, easy and safe for older adults of all levels and abilities. Improve your overall fitness level targeting cardio, balance, flexibility and core strengthening. The majority of activity is non-weight bearing - performed while seated in a stable chair - and is great for those with musculoskeletal or joint issues. Also focuses on therapeutic exercises that make everyday activities easier to perform. Come give it a try!

Thursdays 9 - 10 am, Exercise B

Work Your Core

Are you looking to tone and flatten your stomach? Do you suffer from low back pain? Want to improve your athletic performance? A key part of the solution to all of these is a strong and healthy core musculature. Join us for 60 minutes of abdominal and core specific movement and exercise. Hand weights, stability balls, exer-tubes and more all play a part in providing you with a challenging, yet low-impact workout.

Tuesdays 6 - 7 pm, Exercise A

Yoga - For Stress Relief

Do you have too much stress in your life? Do you have trouble getting a good night's sleep? Are you typically tight or tense in the neck, back and shoulders? If so, then come to this therapeutic, gentle and joyful class that will calm your nerves, restore your peace, and bring you back into balance.

Wednesdays 7 - 8 pm, Exercise B

Member Options for Primary Fitness Classes

Fitness Class Pass

This class pass enables **Program Members** to take unlimited Primary Fitness Classes during the summer session (June 14 - Aug 20). Fitness Class pass holders must sign-in at each class. This pass is good for Primary Fitness Classes only; does not include Specialized Fitness Classes. Passes are non-refundable and non-transferable.

#3747

R \$85 / NR \$106

Drop-In Fee - Primary Fitness Classes

Not a member? Drop into a **Primary Fitness Class** and give it a try! Fee also includes guest admission to the PMRC for the visit. Drop in class fees are non-refundable and non-transferable.

R \$15 / NR \$19

Healthy Living Starts Here.

Specialized Fitness Classes

The following classes are NOT included with a Full PMRC Membership nor can Fitness Class Passes be used. Extra program registration fees apply.

A Full or Program membership is required.

R = City of Annapolis Resident, NR = Non-Resident

Group Cycling: 101 Age 16+

Geared toward the beginner or novice indoor cycle participant, this class gets you a great workout while teaching you the fundamentals of indoor riding. Learn proper bike set-up, pedal stroke efficiency, heart-rate training zones, RPM ranges and more - 10 weeks

Thur June 17 R \$75 / NR \$94 May 27

9 - 9:45 am #3748

PMRC - Cycle Studio

Spin & Sculpt Age 16+

This class offers 45 minutes of high energy indoor cycling and 45 minutes of weight training - working to strengthen and tone the entire body. Challenging every major muscle group with body sculpting exercises drawn from a variety of group exercise and Pilates formats - this progressive class will positively change your body and your outlook on exercise - 10 weeks

Wed June 16 R \$100 / NR \$125 May 26

5:30 - 7 pm #3734

PMRC Cycle Studio & Exercise B

Step & Sculpt Age 16+

This class offers 45 minutes of step aerobics and 45 minutes of muscle strength and toning. The step portion is user-friendly and appropriate for all levels of fitness (and coordination)! The strength portion will provide a fun and creative full-body workout. Kick-off your weekend right with this amazing Friday fitness-fest! 10 weeks

Fri June 18 R \$100 / NR \$125 May 28

9:45 - 11:15 am #3735

PMRC - Exercise B

Tai Chi Age 16+

Tai Chi relieves the effects of stress on the body by encouraging movement, increasing range of motion and improving joint flexibility. A weekly Tai Chi practice will bring you increased focus and calm. Come see how Tai Chi can change your life! 10 weeks

Tues/Thur June 15 R \$123 / NR \$154 May 25

7 - 8 am #3736

PMRC - Exercise A

Total Body Cycling Age 16+

This class offers a mix of exhilarating group cycling and off-the-bike muscle toning and conditioning. The group ride will be 45 minutes of aerobic fun on our Keiser M3 indoor bikes. The strength portion brings a fresh medley of body weight exercises, core work, exer-tubes and hand weights. Expect a new look, and new routine, and a new challenge every week! 10 weeks

Wed June 16 R \$100 / NR \$125 May 26

9:30 - 11 am #3737

PMRC - Cycle Studio

Yoga - Baby and Me Age 16+

babies 6 weeks - pre crawling

Connect with your body and bond with your pre-crawling baby while you practice a set series of yoga postures and basic massage techniques for the baby. Experience this unforgettable time in your life with other people in the same memorable place. Please bring a mat to class - 10 weeks

Fri June 18 R \$75 / NR \$94 May 28

9 - 9:45 am #3732

PMRC - Exercise B

Yoga - Prenatal Age 16+

Expecting moms-to-be will learn to listen to their changing bodies and connect with their developing baby through yoga postures and breath. Suitable for beginning and experienced yoga students. Please bring a mat to class - 10 weeks

Thur June 17 R \$83 / NR \$104 May 27

6:30 - 7:45 pm #3733

PMRC - Exercise B

Yoga - Therapeutic Age 16+

Gently strengthen your body, enhance breathing and relaxation, quiet your mind and nourish the spirit so health and healing can occur. No previous yoga experience required. Young at heart and individuals with chronic conditions or physical limitations are welcome. Please bring a mat to class - 10 weeks

Tue June 15 R \$83 / NR \$104 May 25

6:30 - 7:45 pm #3749

PMRC - Exercise B

Fitness Team Challenge Age 14+

Team with a PMRC Personal Trainer for a four-person team fitness challenge. Your trainer will provide the team with a comprehensive summer fitness plan and workout routine. Join with a group of friends, family, or fellow PMRC members and meet once a week for a total team workout!

Team members will motivate and encourage each other, engage in a little friendly-competition, and help one another achieve that which could not be done alone. Teams/participants will be contacted by a Personal Trainer after registration to schedule the sessions. Price listed is per person. Date and time by appointment. **Registration closes June 27.** 8 weeks; one session per week. R \$115 / NR \$144

#3738

PMRC - Fitness Center



PREVIEW WEEK
May 24 - 28, 2010

Program or Full Members can TRY out these specialized classes for FREE. Dates are listed below. Classes that meet twice-per-week will only hold one FREE trial during the first class time of the week.

Adult Sport Conditioning Age 16+

Sports performance conditioning for the weekend warrior and active adult. This class will help improve your overall fitness and sport readiness for recreational endeavors. Whether you're involved in a sport like soccer, softball, or tennis - or just trying to keep up with your kids - the better developed your base-level fitness the more you'll be able to do and enjoy. Develop the endurance, flexibility, speed, power, agility and quickness needed to safely and effectively perform athletically. 12 training sessions (2 days/week x 6 weeks)

Mon/Wed June 14 R \$80 / NR \$100

6:30 - 7:30 pm #3739

PMRC - Fitness Center

We are also offering a
Youth Sport Conditioning

program for age 11 - 14

Mon/Wed 5:30 - 6:30 pm

See page 13 for more info!

Older Adult Fitness

Cycle & Yoga/Stretch Age 55+

Derive all the benefits of indoor group cycling class - the aerobic exercise, the variety of routines, and the high calorie burn - while riding in a relaxed and enjoyable environment. Pedal to the sounds of the music you love and share in the camaraderie of your peers. Wrap up your ride with a restorative period of stretching, basic yoga postures and range-of-motion exercises. Please bring a water bottle and small towel to class - 10 weeks

Fri June 18 R \$70 / NR \$88 May 28

9 - 10:15 am #3741

PMRC - Cycle Studio

Turn Back the Clock Age 55+

Exercise and strength training to help you look and feel younger and stay active longer. Exercises will help improve your strength, flexibility, posture, coordination and reduce the risk of falls. Strength training also helps alleviate symptoms of chronic conditions such as arthritis - 10 weeks

Mon/Wed June 14 R \$70 / NR \$88 May 24

9 - 10 am #3742

PMRC - Exercise B

All programs are held at
"Pip" Moyer Recreation
Center (PMRC), unless
otherwise noted.

Basketball League - Men's Summer

Age 18+

This NCAA sanctioned league is fast paced and high quality recreational basketball. The league consists of 10 teams and is highly competitive. NCAA restrictions apply. Registration deadline for teams participating last year is April 16. Open registration for new teams begins April 17 (space permitting).
Tues/ Fri June 22 Team: R \$499 / NR \$623
Games begin at 6:30 pm #3702
Callahan Courts, 273 Hilltop Lane

Sign up for Beginner's Tennis Lessons

Age 16+

Start NOW and learn to accelerate your tennis skills and have more fun with tennis. You'll practice and improve your ground strokes, volleys, overheads, and serves. Our instructors will teach you to understand the basics of court positioning and doubles strategy. This basic introduction to the game will teach you the basic knowledge and drills of all the strokes while exercising, making friends and having fun! Instructor: Totally Tennis - 6 weeks

Tues July 13 R \$69 / NR \$86
7 - 8 pm #3707
Truxtun Park Tennis Courts



Boating Safety Course Maryland Safe Boating

Age 10+

This eight hour course and test satisfies Maryland law for any person born after July 1, 1972, to operate a boat in Maryland waters. The course covers legal requirements, navigation rules, preparation and trailers, accidents, weather and water conditions, water sports, sailing and personal water craft. *Children 14 years and under must be accompanied by a paying adult.*

Mon, Tues, Wed 6 - 9 pm \$25/person
May 10, 11, 12 #3354
June 14, 15, 16 #3355
July 12, 13, 14 #3756
PMRC - Meeting Room 1

Men's Indoor Fustal® League

Age 18+

Adult 5 a side indoor league. 5 players per team, 20 minute halves, 1 time out per half, stopped clock. Teams must have shirts with numbers. Join this casual and friendly indoor league for the spring. Minimum of 6 teams required - 8 weeks
Thur June 10 R \$220 / NR \$253
Games begin at 6:30 pm #3746
PMRC - Court #3



Sailing Skills

Age 18+

Imagine being on the open water, captain of your own ship. This is your chance to learn to sail the "Annapolis Way".

Offered in partnership with the Annapolis Sailing School, you will blend theory with maximum hands on experience. Students will be on the water, actually sailing, within the first hour of class. The school will provide the necessary equipment and certified instructors. Four to one student to instructor ratio - 2 weeks

Sat Aug 7 R \$88 / NR \$110
12 - 2 pm #3703

Annapolis Sailing School Marina

Softball - Fall Leagues

Age 18+

Leagues are governed by A.S.A. rule. Trophies are awarded at the end of the league. Players can participate in one Co-Ed League and regular league. Registration deadline for teams participating last year is July 7. Registration for new teams is July 11 (space permitting).

Aug 23 R \$440 / NR \$550 per team
Wed Men's Doubleheader #3704
Mon Co-Ed Doubleheaders #3705
Tues Men's Doubleheader #3706
PMRC - Ball Fields

Tennis Tournament

Age 18+

All entrants must be Anne Arundel County residents and USTA members. First match loser consolation for men/women singles (2.5 - 4.5), men/women doubles (2.5 - 4.0), and mixed open doubles. Players entering three events must be able to play every day. Weekday matches start at 5:30 pm, weekend matches at 9 am. Players are responsible for getting their first round playing times online June 2 at www.annapolis.gov/recreation or by calling Tournament Director, Randy Stevens at 410.227.2989.

Tournament draw: weekend of May 31
Tournament date: June 4 - 13

Fee: Singles \$23
Doubles \$18 per player
* Plus \$3 processing fee.

Register by May 28th online at <http://tennislink.usta.com/tournaments/schedule/Search.aspx>

Use ID# 302732110

Held at Truxtun Park Tennis Courts

Volleyball Spring League

Age 18+

Organized recreation leagues governed by USA rules. All teams are required to keep score and provide linesman. Numbered shirts front/back are required. Team availability is first come/first serve. Referees are provided and sponsor trophies will be awarded. Minimum of 6 teams per league. Top teams qualify for playoffs at the end of the regular schedule

Weekday games are 6:30, 7:30, 8:30 pm

April 12 R \$220 / NR \$275

Mon - Level A #3743

Tues - Level C #3744

Wed - Level B #3745

PMRC - Court #1

Join other women
and prepare for an
upcoming triathlon this
summer! See page 8 for
our Wonder Women
Triathlon Training
program.

Special Events

Trash to Treasures Rummage Sale

Clean those closets, basements, attics and garages. Someone else's junk is another's treasure.

Community wide yard sale at Truxtun Park Pool parking lot. Event will be held outside.

Sat May 1 \$15/table
8 am - 12 pm #3316



9th Annual "Swing for the Kids" Benefit Golf Tournament

at Lake Presidential Golf Course, Upper Marlboro

Includes golf, lunch, drinks and awards. All proceeds go to the Annapolis Recreation Youth Scholarship Fund. All types of sponsorship available. Come join the fun and help the Annapolis Recreation Department raise money to provide the youth of Annapolis the opportunity to participate in our programs. For more information contact Sherry at sawhiteford@annapolis.gov or 410.263.7958.

Tues May 11 \$125 per person
8 am Registration #3230
8:30 am Shot Gun Start

Truxtun Park Municipal Swim Center

Opening day is Saturday May 29. Open weekends only until June 12.

Truxtun Park Pool Daily Admission

Under 3	Free with paying adult
3 - 17 yrs	\$3
18 - 61 yrs	\$4
62 yrs +	\$3

General Pool Schedule and Hours

Weekends and Holidays:	11 am - 5 pm
Mon/Wed/Fri:	12:30 - 6 pm
Tues/Thur:	12:30 - 5 pm

NOTE: Truxtun Park Pool will open at 1 pm on Saturday, June 19th due to our home swim team meet.

The pool is open for lap swimmers only:

Mon/Wed/Fri:	11 am - 12:30 pm
Tues/Thur:	12 - 12:30 pm

August / September Schedule

Aug 23 - 27 and Aug 30 - Sept 3	Hours: 4 - 7 pm
Aug 30 - Sept 1 and Sept 4 - 6	Hours: 11 am - 5 pm

Adult Beginning Swim Lessons *Age 18 +*

It's never too late to learn! Overcome your fears and learn to feel comfortable and confident in the water. An experienced swim lesson teacher will help you achieve your learn-to-swim goals for 2010! (no lesson 6/20 or 7/4) - 8 weeks

Sun June 6	R \$68 / NR \$85
10 - 11 am	#3663

Aqua Tots *Age 12 months - 3 years*

Bring your toddler for this fun-filled class of songs, games and splashing. This loosely structured class will introduce children to the water in a supportive environment. At least one parent must participate in the water. Ecology swim suits and swim diapers are required for all children still in diapers. Ecology suit may be purchased at the pool - 4 weeks

Three Sessions:

Tues June 22	R \$40 / NR \$50
5 - 5:30 pm	12 mo - 2 yrs #3655
5:40 - 6:10 pm	2 - 3 yrs #3656
Tues July 20	R \$40 / NR \$50
5 - 5:30 pm	2 - 3 yrs #3695

Private Swim Lessons

If you or your child need some one-on-one work with an instructor to gain confidence or perfect a certain skill, one or two private lessons may do the trick! An experienced swim lesson instructor or coach will work with you at a pre-determined time. Talk to the Pool Manager or the Aquatics Coordinator for more information.

\$30/half hour session

Water Aerobics

Age 16+

Our intense cardio class is filled with fun and energy. The natural buoyancy of the water cushions your joints as you make a big impact on your health and sculpt your body! Equipment used in the class will be provided. - 8 weeks

Tu/Th June 22	R \$120 / NR \$150
11 am - 12 pm	#3693



Wonder Women Triathlon Training *Age 18 +*

Join our women's only training group to help you progress to the next level in triathlon fitness! Before joining this group, participants should be able to run/walk 3 miles, cycle 10 miles and swim 500 yards. No prior triathlon experience is necessary. This class is perfect for anyone training for a summer or fall triathlon. Coaches: Kate Grove and Andrea Williams - 9 weeks

Tues June 22	R \$150 / NR \$188
6 - 8 pm	#3701

PMRC - Cycle Studio

Masters' Swimming *Age 18 +* Looking for a great way to get in shape and enhance your training this summer? Masters swimming may be for you. This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. Workouts are designed to help you improve your technique and endurance and train for specific goals. Participants can shower at the pool before heading to work! No practice 6/20.

Two Sessions:

Returning: This session is most appropriate for returning Masters' swimmers and people who have a swimming background. Instructor: USS Swim Coach Meghan Schrader - 12 weeks

Tues/Thur 6 - 7:15 am, Sun, 8 - 9:30 am	June 6 R \$180 / NR \$225 #3658
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Beginning: This session is for people who know how to swim, but have little to no experience swimming with a Masters' swimming group. Instructor: Coach Kate Grove - 10 weeks

Mon/Wed 6 - 7 am	June 21 R \$100 / NR \$125 #3659
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Swim Lessons

Beginner 1 Age 4 + For children who need to learn basic water adjustment skills including submerging head, blowing bubbles, front float and back float with support, rolling from back to front, jumping into and climbing out of the pool. Limit of 6 students.

Beginner 2 Age 4 + For children who are comfortable in the water and underwater. Children will progress with swimming skills including independent front and back float, front glide and kick, introduction to freestyle, backstroke, underwater swimming and treading water. Limit of 8 students.

Advanced Beginner Age 4 + Swimmers improve upon basic skills and increase endurance. Skills include freestyle with side breathing, backstroke, kneeling and standing dives, and introduction to breaststroke and/or butterfly strokes. Limit of 8 students.

Intermediate Age 7 + Swimmers should have successfully completed Advanced Beginner level competencies before entering this class. Children will begin bilateral breathing for freestyle, gain skill and endurance for all strokes (freestyle, backstroke, breaststroke and butterfly) and be introduced to a competitive shallow dive. Limit of 10 students.

Morning Swim Lessons: Monday - Thursday, 30 minute lessons; 2 week sessions. Fridays are make-up days in the case of inclement weather. R \$48 / NR \$60

Session 1	8:30 am #3667 Beginner 1	9:10 am #3668 Beginner 1
Jun 21 - Jul 1	#3696 Beginner 1	#3676 Beginner 2
	#3673 Beginner 2	#3699 Adv. Beginner

Session 2	8:30 am #3672 Beginner 1	9:10 am #3669 Beginner 1
Jul 5 - 15	#3674 Beginner 2	#3698 Beginner 2
	#3697 Beginner 2	#3665 Adv. Beginner

Session 3	9:10 am #3670 Beginner 1
Jul 19 - 29	#3677 Beginner 2
	#3666 Adv. Beginner
	#3690 Intermediate

Evening Swim Lessons:

Tues / Thur 30 minute lessons, 4 weeks. R \$48 / NR \$60

Session 1	5:30 - 6 pm
Jun 22 - Jul 15	#3671 Beginner 1
	#3678 Beginner 2

Session 2	5:30 - 6 pm
Jul 27 - Aug 19	#3679 Beginner 2
	#3700 Adv. Beginner



Some of the 2009 Swim Team girls at a Meet!

Special Events at the pool!

Noodle Night

June 27, 5:30 - 7:30 pm

Enjoy an evening of chilling at the pool. Bring a noodle and a picnic dinner and treat yourself to a relaxing evening. Regular daily admission or pool pass required. Rain date July 11.

4th of July Celebration

July 4, 11 am - 5 pm

When was the last time you chased a greased watermelon or raced through the pool in search of coins and treasure? Spend your July 4th holiday at the Truxtun Park Pool! Bring a picnic lunch and enjoy games led by the lifeguards. Regular daily admission or pool pass required.

Dive In at the Pool

Aug 14 & Aug 28

Join us for a family-friendly movie under the stars! Swim time 6 - 7:50 pm; movie begins at 8 pm. Regular daily admission or pool pass required. Rain dates Aug 15 and Sept 4.

Dog Days of Summer

Sept 8, 4 - 7 pm

Your dogs can have their day to drool in the pool at the end of the summer. Annapolis Recreation and Parks' Truxtun Park Pool and Chesapeake Life Magazine present the 3rd annual dog-paddle event. Well-behaved dogs over the age of 6 months old are welcome. No dogs in heat. Owners need to provide current proof of vaccination certification before dog is allowed in pool. Owners are responsible for any mess created by their dog. One dog per human for adequate supervision. \$5 per dog to be paid at the pool entrance. #3657

Pool Rentals

Having a party this summer? Celebrate at the Truxtun Park pool! The pool is a great location for a birthday or office party, a family gathering or a banquet.

You can rent the pool most Saturday & Sunday evenings from 6 - 8 pm.

No alcoholic beverages permitted. Call Jennifer Bistrack for more information at 410.263.7958.

Mark your calendar
& sign up today!

Truxtun Youth Triathlon
June 20, 2010

Ages 7 - 17
Compete in a Swim, Bike &
Run event! See page 14 for
more information...

Healthy Living
Starts Here.

Youth Activities

Summer is here! You can register for camps in person at the “Pip” Moyer Recreation Center, 273 Hilltop Lane or online: www.annapolis.gov/recreation. A \$25 non-refundable deposit required per session at time of registration.
R = City of Annapolis Residents, NR = Non-Residents



Basketball- Outdoor Boys Summer League

Age 8 - 11

Keep your skills sharp during the summer and keep your winter team together. Games will be played on the Callahan Courts. Trophies awarded

for first and second place finishers. A minimum and maximum of 6 teams per age group required. No games July 5. Games begin at 6 pm - 8 weeks

Mon June 14 Age 8 - 9 \$220/team #3724
Thur June 17 Age 10 - 11 \$220/team #3725



Day Camps

Kids Camp Age 4, 5 & 6

This is a great first camp experience for young school age children. Children will participate in weekly theme activities as well as swim lessons held at Port Annapolis Marina, local field trips, arts and crafts, and of course - outside play. Rest time is also part of the camp day. This program is State licensed and has an 8-1 camper to staff ratio. Come early or stay late with our extended day program.

Location: Eastport Elementary, Fridays will be held at “Pip” Moyer Recreation Center.

Time: 8:30 am - 4:30 pm.

Fee: R \$210 / NR \$242 *See membership discounts.

Truxtun Park Day Camp Age 6 - 11

Make new friends, learn to swim and have a ball each week with ARPD day camp staff! Each session will follow a defined activity schedule that includes arts and crafts, sports, field trips, swimming, picnic lunches and much more! Swim lessons will be optional this year. Come early or stay late with our extended day program. Licensed through the State of Maryland.

Location: “Pip” Moyer Recreation Center.

Time: 8:30 am - 4:30 pm.

Fee: R \$210 / NR \$242 *See membership discounts.

Session I June 21 - July 2 K#3587 / T#3575
Session II July 6 - July 16 K#3588 / T#3576
Session III July 19 - July 30 K#3589 / T#3577
Session IV August 2 - August 13 K#3590 / T#3578

We offer extended hours for both camps!

Morning: 7 - 8:30 am

Afternoon: 4:30 - 5:30 pm

Fee: 2 week session - \$34 for AM and \$32 for PM

If you register online for these two camps, your credit card will automatically be debited on the specified bill date for each session.

IMPORTANT: Remember to register at least one week before class is scheduled to begin. Late registrations will cause us to cancel under enrolled courses.

Dance Instruction Age 2 - 8

Various dance lessons for preschool through school age children. Students should wear appropriate dance clothing. Instructor: Cheryl Mauck - 4 weeks

Begins the week of July 6 R \$48 / NR \$60

Ballet, Tap and Tumbling (BTT)

Students will do a ballet warm-up, followed by tumbling skills, ending with beginner tap steps. This class will also explore creative movement through various props. Students need dance clothes, ballet and tap shoes.

Ballet, Tap and Jazz (BTJ)

Ballet warm-up, followed by either jazz or ballet movement center floor, ending with tap technique. This class also touches on creative exploration through imagery and props.

Rhythm, Dance and Singing (RDS)

This class begins with finger play, followed by songs encouraging basic motor skills. The class plays instruments, dances with beanbags, works with props, walks on a low balance beam, and learns basic tumbling skills. **Caregiver/Parent must be present.**

Tuesday

#3714	9:15 - 10 am	BTJ	Age 5 - 8
#3711	10 - 10:45 am	BTT	Age 4 - 6
#3708	10:45 - 11:30 pm	BTT	Age 3 - 5

Wednesday

#3716	9:15 - 10 am	RDS	Age 2 - 3
#3710	10 - 10:45 am	BTT	Age 3 - 4
#3712	10:45 - 11:30 am	BTT	Age 4 - 6

Thursday

#3709	9:15 - 10 am	BTT	Age 3 - 4
#3713	10 - 10:45am	BTT	Age 4 - 6
#3715	10:45 - 11:30 am	BTJ	Age 5 - 8

Introduction to Classical Ballet Age 6 - 10

Young students will practice Classic Ballet Vaganova Technique, improve flexibility, body alignment, and coordination. Your child will be introduced to the history of dance, dance techniques, dance expression, and aesthetics. No dance experience is required. Attire: Girls will wear leotard, tights & ballet shoes. Boys will wear dark colored sweat pants, white T-shirt & ballet shoes. Last class will culminate with a tea party, ballet show and awards on July 24 from 4:30 to 5:30 pm. Please bring your favorite tea cup and saucer. Instructor: Maggie Roberson - 8 weeks

Mon June 14 R \$96 / NR \$120
6 - 7 pm #3717
Sat June 5 R \$96 / NR \$120
9 - 10 am #3718



Recreation and Enrichment Camps (REC)

All REC Camps run for 6 weeks, closed on July 5th. There are limited spaces at each location. Site locations subject to change upon availability of the schools. Special registration forms are available at the "Pip" Moyer Recreation Center, 273 Hilltop Lane, or online: www.annapolis.gov/recreation.

Pre-School REC *Age 4 - 5*

This camp is designed for little ones entering Pre-K or Kindergarten. Activities include arts and crafts, indoor and outdoor games, sprinkler fun, show & tell, snack & much more. Begins June 28.

Mon - Thur 9 am - 3 pm R \$105 / NR \$115

*Membership discounts do not apply

#3591 Annapolis Elementary #3592 Tyler Heights Elementary

Youth REC *Age 6 - 12*

Come join in for a summer of fun activities that include arts and crafts, swimming once a week, Six Flags field trips, and outdoor games. Field trips and swimming require additional fees. T-shirt is included. Friday's camp will be held at the "Pip" Moyer Recreation Center with pick up at the pool. Begins June 28.

Mon - Fri 9 am - 3 pm R \$135 / NR \$155

* See membership discounts

#3535 Tyler Heights #3537 Eastport Elementary

REC Extended Hours Program *Age 6 - 12*

Summer fun begins bright and early at our extended hours program! Come join us and make new friends, enjoy games, arts and crafts, and so much more this summer. Begins June 28.

Mon - Fri, 8 am - 5 pm R \$184 / NR \$212

* Membership discounts do not apply

#3536 Stanton Community Center



Sailing Skills

Age 6 - 14

Imagine being on the open water, captain of your own ship. This is your chance to learn to sail the "Annapolis Way." Offered in

partnership with the Annapolis Sailing School, you will blend theory with maximum hands on experience. Students will be on the water, actually sailing, within the first hour of class. The school will provide the necessary equipment and certified instructors. This program is certified and inspected by the Maryland Department of Health. Previous swimming lessons and a copy of immunization records are required - 4 weeks

Sat July 10 R \$90 / NR \$113

9 am - 12 pm Age 6 - 10 #3726

1 - 4 pm Age 11 - 14 #3727

Annapolis Sailing School Marina

Camp Member Discount:

Membership has Benefits! If your child is Full Member at PMRC - they will receive a \$10 discount per session. Program members receive a \$5 discount per session. Not all camps qualify.

Soccer Camps

Offered by Challenger Sports

Learn to refine individual foot skills, technical drills, tactical practices & small sided games. Please bring a drink and wear tennis shoes or cleats. Also bring a towel as there will be a sprinkler available to cool off from the summer heat. Camp includes FREE ball & T-shirt. Bates Athletic Complex - Panther Stadium Field, off Spa Road.

Register online:

www.challengersports.com

Week of June 28th - July 2nd

First Kicks Soccer *Age 3 - 4*

10:45 - 11:45 am

R \$72 / NR \$78

Mini Soccer *Age 4 - 6*

9 - 10:30 am

R \$95 / NR \$103

Half Day Soccer *Age 7 - 9*

9 - 12 pm

R \$130 / NR \$140

Half Day Soccer *Age 10 - 18*

12:30 - 3:30 pm

R \$130 / NR \$140

Soccer Camps

Offered by UK Soccer

Open Nippers Camp

Age 5 & 6 only

The Nippers camp is a non-competitive program designed for kids to have fun with the ball while the UK Soccer English coaches are teaching and enhancing their soccer skills. The sessions will not only introduce and develop basic techniques but are devised to nurture a love of the game. The program is specific to age and ability. Includes UK Camp ball, T-shirt and Written Evaluation

Week of Aug 9, \$85 per player

10 am - 12 pm

Register online: www.uksoccercamps.com

Open Squirts Camp

Age 3 & 4 only

The Squirts camp is an introductory program designed for kids to have fun with the ball while introducing them to the game of soccer. The program is coached by UK Soccer English coaches and is specific to age and ability. Includes UK Camp ball, T-shirt and Written Evaluation

Week of Aug 9, \$60 per player

9 - 10 am

Register online: www.uksoccercamps.com



Open Youth Soccer Camp

Age 7 - 15

Directed by UK Soccer professional English coaches, the objective of our Youth soccer camp is to provide the player the opportunity to have fun while learning the fundamental techniques necessary to play the game. The program is focused at individual skill development with a technical curriculum that is specific to age and ability. Includes UK Camp ball, T-shirt and Written Evaluation

Week of Aug 9, \$125 per player

9 am - 1 pm

Register online:

www.uksoccercamps.com



Youth Activities

Spirit of America Camp

Age 11 - 14

Annapolis Recreation and Parks has teamed up with Annapolis Community Boating to offer this middle school boating program to introduce the students to the water in their own community. The program is designed to train middle school age students in boating safety, MD state boater licensing, sailing, rowing, power boating, canoeing, kayaking, and jet skiing. There is also a segment with the US Coast Guard. The curriculum follows Spirit of America course material and is hands on - 1 week

Mon - Fri July 26 Free, limited space
9 am - 4 pm #3719

BCNP, PMRC, Truxtun Park Pool

Truxtun Park Skate Camp

Age 8 - 13



Learn to skateboard with safety techniques and board basics from a diverse staff of instructors who have over 20 years skating experience. Skaters must have skateboard, helmet, knee pads, elbow pads and closed toed

shoes. Meet at Truxtun Park Skate Park. All classes are for beginners. Instructor: Chris Opilla - 4 weeks

9 am - 12 pm R \$80 / NR \$110
Sat July 10 Age 8 - 10 #3720
Sun July 11 Age 11 - 13 #3721
Sat Aug 14 Age 8 - 10 #3722
Sun Aug 15 Age 11 - 13 #3723



2009 - Boating & Splash Camp

Looking to cool off this summer? Drop by Truxtun Park Pool! Ages 3 - 17 pay only \$3/daily admission.

Splash Camps!

A new day camp program guaranteed to keep your kids cool this summer! Join new members of the ARPD staff as they share their skills each morning then stay for the afternoon for fun & excitement at the Truxtun Park Pool. Camp is held Monday-Friday, rain or shine; alternate activities will take place during rain events. Activities vary by age group. Drop off location listed, pick-up daily at pool. Campers need a non-perishable lunch, drink, snack, bathing suit and towel. Additional sports equipment which may be needed will be noted after registration. Register your child by the week/program. Full payment is required at registration for Splash Camps.

Suggested daily schedule:

All camps are 9:00 am until 4:00 pm
9 am - 12:30 pm Daily activity (see listing by week)
12:30 pm - 1 pm Lunch, travel to pool, rest period
1 pm - 4 pm Swim at Truxtun Park pool (including some planned activity)

Fee: R \$125 / NR \$144 per week * See membership discounts
AM care is available at 7 am until the start of camp - \$25/per week
PM care is available at 4 pm until 5:30 pm - \$25/per week
Drop off and pick up for Extended Camp Hours are at PMRC

DATE:	CODE:	PROGRAM:	AGE:	LOCATION:	INSTRUCTOR:
Jun 14-18	#3555	Dance Mix & Splash	6 - 10	PMRC - Studio A	Leandra Quiroz
	#3556	Irish Dance & Splash	6 - 10	PMRC - Studio B	Shirley O'Hare
	#3557	Shoot & Splash (basketball)	6 - 10	PMRC - Court #3	Coach Barry Booth
Jun 21 - 25	#3558	UK Soccer & Splash	6 - 10	PMRC - Ball Field 1	UK Soccer
	#3755	Boating & Splash	6 - 10	PMRC	Annapolis Community Boating
Jun 28 - Jul 2	#3559	Ballet, Tap, Jazz & Splash	6 - 10	PMRC - Studio A	Cheryl Mauck
	#3560	Girls Volleyball & Splash	6 - 10	PMRC - Court 3	Carrie Liller
	#3561	Stixs & Splash (lacrosse)	6 - 10	PMRC - Ball Field 1	Coach Greg Kalberer
Jul 6 - 9	#3562	Skate & Splash (skateboard)	6 - 10	Truxtun Park Skate Park	Chris Opilla
	#3563	Smash & Splash (tennis)	6 - 10	Truxtun Park Tennis Courts	Totally Tennis Instructors
Jul 12 - 16	#3565	Smash & Splash (tennis)	6 - 10	Truxtun Park Tennis Courts	Totally Tennis Instructors
	#3566	Dance Mix & Splash	11 - 15	PMRC - Studio B	Leandra Quiroz
	#3567	Boating & Splash (sail, jon boats, canoes & kayaks)	6 - 10	PMRC	Annapolis Community Boating
Jul 19 - 23	#3568	Climb & Splash (rock wall)	6 - 10	PMRC - Rock Wall	PMRC staff
	#3569	Skate & Splash (skateboard)	6 - 10	Truxtun Park Skate Park	Chris Opilla
Jul 26 - 30	#3570	Stix & Splash (lacrosse)	6 - 10	Truxtun Park - Collison Field	Coach Greg Kalberer
	#3571	Fun, Fit & Splash	11 - 15	PMRC - Fitness Room	PMRC staff
Aug 2 - 6	#3572	Fitness & Splash	6 - 10	PMRC - Fitness Room	PMRC staff
	#3573	Girls Volleyball & Splash	11 - 14	PMRC - Court 3	Carrie Liller
Aug 9 - 13	#3574	Irish Dance & Splash	6 - 10	Studio B	Shirley O'Hare
	#3599	Climb & Splash	6 - 10	PMRC - Rock Wall	PMRC staff
	#3600	Dance Mix & Splash	6 - 10	PMRC - Studio A	Leandra Quiroz
Aug 16 - 20	#3601	Shoot & Splash (basketball)	6 - 10	PMRC - Court 3	Coach Barry Booth



Truxton Youth Triathlon Age 7 - 17

June 20, 2009 6:30 am set up, 7:30 am start

Challenge yourself in this Swim, Bike, Run event at Truxton Park. SWIM in the Truxton Park pool. BIKE through the City trails and adjoining roads. Then RUN through Truxton's trails. All participants will receive a medal for completing the race. Trophies will be awarded to the 1st, 2nd, and 3rd place finisher in each age group. Entry fee includes race T-shirt and post race goodies. Ages as of 12/31/2010.

Early Registration: April 1 - May 3 R \$35 / NR \$40

Late Registration: May 4 - June 7 R \$50 / NR \$58

Jr Division (7 - 12) *100 meter swim 4 mile bike 1 mile run #3629

Sr Division (13 - 17) *300 meter swim 4 mile bike 2 mile run #3630

Family Relay: Children can form a relay team with a parent, friends or siblings. Relays can be comprised of one to two children 17 and under plus a parent OR three children 17 and under. If a person over the age of 17 participates in the relay, the Run portion is the only portion of the relay they can do. #3631



Youth Beginner Tennis Age 8 - 15

It is fun, affordable and great recreation for your child. Learn the sport that can be played for a life time! Sound fundamentals and good sportsmanship is the name of the game as you let us get you going in the sport of tennis. If you do not have a racket, we will provide one.

Instructor: Totally Tennis - 6 weeks

Tues July 13 R \$69 / NR \$79

6 - 7 pm #3728

Truxton Park Tennis Courts

Youth Sport Conditioning

Age 11 - 14

A youth athletic conditioning program designed to develop the endurance, speed, power, agility and quickness needed to effectively perform in sport. Develop a physical fitness foundation necessary for continuous and injury-free participation; learn proper form and technique for efficient athletic movement; and be introduced to the tools and principles of muscular strength development - all in a fun, effective, and safe environment. 12 training sessions (2 days/week x 6 weeks)

Mon/Wed June 14 R \$80 / NR \$100

5:30 - 6:30 pm #3749

PMRC - Fitness Center

Have Your BIRTHDAY Party at THE Rec Center!!!

Celebrate your special day with us!

We do all the work & you have all the fun!
Includes invitations, staff, set-up, and clean-up. You just need to provide the kids and cake!

Party time includes 60 minutes of activity,
30 minutes for cake/refreshments.

Available Friday evenings, Saturdays & Sundays!

Themes include:
Sports, Ballocity™, Dance or Rock Wall!

Ballocity™ or Rock Wall:	\$255*
Up to 15 participants	Additional \$15/each
Sports or Dance:	\$225*
Up to 15 participants	Additional \$10/each


**Call today to reserve your
special date!**
410.263.7958

Scholarship Info

Because some residents are unable to participate in programs due to economic hardship, the Annapolis Recreation and Parks Department provides a scholarship program to reduce membership fees, program fees and charges. Applications and the complete list of guidelines are available at the Front Desk. A limited amount of funding is available. Scholarships are for recreation programs and memberships only and do not apply to supply fees, trips or facility rentals.

**Please register early for our programs. Late registration
causes us to cancel them one week prior!**



<div>annapolis recreation & parks</div> <div>Parks & Facilities</div>		Acres	Baseball Fields	Basketball Courts	Bike/Hike Trail	Boat Ramp	Linear Fields	Nature Areas	Picnic Pavilion	Pier/Water Access	Playground	Restrooms	Sitting Benches	Tennis Courts
1st & Spa Creek, Eastport		0.1												
5th & Spa Creek		0.1												
Acton Cove Park		0.5												
Amos Garrett Park		0.25												
Annapolis Maritime Museum, 2nd St. & Back Creek		1.5												
Annapolis Sports Complex, Locust Avenue		35												
Annapolis Walk Community Park, Belle Drive		3												
Back Creek Nature Park, Edgewood Road		12												
Barbara Nuestadt Park, Monticello Ave & Spa Creek		0.2												
Bates Athletic Complex, behind BMS		15												
Bates Heritage Complex, Smithville Rd		15												
Burnside Park, Eastport		0.1												
Chambers Park, Dorsey Avenue & Kirby Lane		1												
College Creek Park, Clay Street & College Creek		0.2												
Davis Park, 4th & Back Creek, Eastport		0.1												
Fleet Street Park, historic district		0.1												
Horn Point, Chesapeake Avenue, Eastport		0.1												
Kingsport City Playground		2												
Lafayette Avenue & Spa Creek		0.2												
Leon Wolfe, 4th Street & Spa Creek		0.1												
Naval Academy Stadium Trail		1.25												
Newman Street Playground		0.5												
Northwest Street End		0.1												
Poplar Park and Trail		1.5												
Post Office Park, Eastport		0.5												
Primrose Acres, Garden Gate & Edelman		0.2												
Prince George Street End Park		0.1												
Rev. Joseph J. Turner Park, Third & Chester Avenue		1												
Seyvern Avenue & Spa Creek, Eastport		0.1												
Spa Creek Conservancy, Silopanna Road		5												
Spa Creek Trail		2												
Stanton Community Center, West Washington Street		0.5												
Truxtun Park, Hilltop Lane		70												
Tucker Street, West Annapolis		0.2												
Weisman Park, Inner West Street		0.3												

While the City of Annapolis boasts many miles of walking tours and trails, three trails have become the pathway's backbone and access way to many of the city's recreation and cultural facilities:

- Navy-Marine Corps Memorial Stadium Trail** This is a 1.25 mile paved, landscaped trail circling the Navy-Marine Corps Stadium.
- Poplar Avenue Trail** This half mile, grade-separated, hiker/biker trail follows the old B&A rail line through the existing Poplar linear park. The Poplar Trail connects Taylor Ave. and the Annapolis Sports Complex. The public library and the Navy Marine Corps Stadium are also located along this route. One of the main projects to build this trail was the "Right-Tree, Right-Place" Model planting.
- Spa Creek Trail** Completed in 1999, this 1.5 mile paved trail provides a safe, all purpose route for cyclists and pedestrians connecting West Street, the gateway to Annapolis, with Truxtun Park.

Athletic Field Permits

ARPD schedules and maintains fields at Truxtun Park, Bates Heritage, Bates Athletic and Annapolis Sports Complex (Germantown Elementary). All groups (for profit or non-profit) planning on using our fields for programs or any other organized activity must contact our Department for availability and for details concerning various types of rentals. We are an open park, but organized activities take precedence over any public or private use. Field use permits can be obtained from the ARPD office. Please contact Sherry Whiteford, Athletic Supervisor at 410.263.7958 for more information.

Boat Launch Areas

Truxtun Park Boat Launch, Primrose Road and Spa Creek. Fee: \$5 per launch payable via Visa/MC or annual permit only. No cash is accepted at the park. Fees apply all days of the year to any vessel launched from the concrete ramps. NO COMMERCIAL USE of ramp or beach area is permitted without written authorization. Pay and display tickets (from fee collection device) must be displayed on front dash of all vehicles that have boat trailers attached. Enforcement by the Annapolis City Police Department and employees of ARPD.

Violators are subject to vehicle ticketing and towing. Report any fee collection malfunctions by calling 410.263.7993. *Annual Permit Information:* Available for \$50 each and must be purchased at the Front Desk of PMRC. Permits are valid 7/1/10 - 6/30/11. Call 410.263.7958 for information. *Launch:* Be prepared to off load and retrieve your vessel in a safe but swift manner when others are waiting. Move your boat to the waiting dock while others are parking your vehicle. Purchase your launch permit prior to moving your vehicle to the parking area. *Parking:* Parking is limited to park users. No overnight parking permitted. Violators will be subject to ticketing and towing. Follow parking signs. No parking on grass. **Tucker Street Boat Launch**, West Annapolis at Tucker Street and Weems Creek. This boat launch is open to Annapolis Residents ONLY. There is no vehicle/boat trailer parking available. Trailer permits cost \$10 each for the annual boating season and must be purchased at the Front Desk of PMRC located at 273 Hilltop Lane in Annapolis. Please call ARPD for more information 410.263.7958.

Pavilion Rentals

Truxtun Park has three pavilions available for rent on weekends. Groups of 10 or more require a rental permit. The rental fee is \$50 for City residents, \$75 for non-residents. They are reserved on a first-come, first-serve basis. Two pavilions hold a maximum of 35 people and one of the pavilions holds up to 50 people. Full payment must be received at the time of registration. Please call 410.263.7958 or go to PMRC to reserve a pavilion.

Truxtun Park Skate Park

Skate park for in-line and skateboarders is available at Truxtun Park. Signs are posted at the facility with rules and regulations for everyone's safety. The Park operates as a USE AT YOUR OWN RISK facility. Safety equipment is STRONGLY RECOMMENDED.

Additional Information

Parks are open from dawn until dusk. Due to the natural environment and wildlife in the parks, dogs and other pets MUST be on a leash at all times and must remain on trails and walkways. Patrons must pick up all pet waste and properly dispose. Any maintenance concerns should be directed to the Park Maintenance Division at 410.263.7993. Please direct any other park related questions or concerns to the ARPD at 410.263.7958.

Three ways to sign-up for fun!



1. Current Members can register online:

<http://reg-e.annapolis.gov> Use your Login ID and Account PIN to access your family's account. If you do not know this information, call 410.263.7958.



2. New Registrants can call: 410.263.7958

Call Annapolis Recreation and Parks Department at 410.263.7958 during business hours to register for most programs or classes. Be sure to have credit card payment information ready.



3. New Registrants can walk-in: "Pip" Moyer Recreation Center

Address: 273 Hilltop Lane, Annapolis

You Snooze, You Lose Nothing cancels a good class quicker than waiting until the last minute to register. If there are not enough registrants by a certain date, the program may be canceled. Registering the day of a class will not save the class. Please register for all classes as early as possible. Even better, register with a friend!



Youth Scholarships Available

Youth scholarships are available through the Annapolis Recreation & Parks Department. The program is available for students who qualify for the free or reduced lunch program in grades K - 12 and who reside in the City limits.

Please contact Sherry at 410.263.7958.

Payment Policy All fees for classes and leagues must be paid at the time of registration. Visa, MasterCard, cash, and checks are acceptable forms of payment. Space is limited in most programs. Early registration is recommended. Although registration confirmation will not be confirmed by mail, notification will be made if a class is full or is rescheduled. If openings are available, late registration will be accepted after the program has started. The City of Annapolis charges \$15 for any checks returned unpaid by your bank. Please make checks payable to: **Annapolis Recreation and Parks**.

Open to All Annapolis Recreation and Parks prohibits discrimination on the basis of race, color, national origin, age or handicap in its programs, activities, and employment.

Class / Activity Refunds A full refund or credit will be given for classes cancelled by the Department. A refund may be granted after the first class if the class has not met your expectations. Please notify the Department in writing, prior to the second class, if you are requesting a refund for any reason. No refunds will be granted after the second class is held. A \$5 processing fee will be deducted from all requested refunds.

Child Care / Camp Refunds In all cases, deposits are non-refundable and non-transferable for those programs that require a deposit to hold a spot. Refunds for the balance of the payment may be granted if the Department receives written notification at least 10 working days prior to the start of the program and we are able to fill your spot. A \$5 processing fee will be deducted from all refunds.

Athletic League Refunds No refunds will be issued unless the team space can be filled with another team registration at least 10 working days prior to the start date. No refunds will be granted after 10 working days prior to the start of the league. Absolutely no refunds will be granted after the scheduled start date as game schedules are set and officials are committed.

Cancellation The Department reserves the right to cancel a program due to insufficient enrollment. Full refunds will be offered when a course is cancelled by ARPD.

Inclement Weather Policy and School Holidays Programs held at the "Pip" Moyer Recreation Center do not always follow the Anne Arundel County Public Schools (AACPS) closure ruling. Weather related cancellations will be posted to the Department's Web site www.annapolis.gov/recreation. Or you



may call the office at 410.263.7958 two hours before your scheduled program. If the Snow Emergency Plan for AACPS is in effect, all programs held in the schools are cancelled or delayed, depending on the notice. Programs will not be held on major holidays. Please contact your program instructor as to whether class will be held on a particular holiday.

Child Care Program Inclement Weather Policy When school is closed prior to 7:00 am, the Child Care Program is CLOSED. Please listen for the AACPS closures on the local radio or television, or call the Annapolis Recreation and Parks Department at 410.263.7958 for the recorded message or check our web site under cancellations: www.annapolis.gov/recreation. If school dismisses early, the Child Care Program opens immediately upon dismissal and closes at 4:30 pm instead of 6:00 pm. However, we ask that parents come to pick up their child as soon as possible, as the roads will be treacherous for you and for our staff. Those enrolled in the After School Program are only eligible for this service. If school is delayed for two hours, Child Care is delayed for two hours. For example, if school opens at 11:00 am, Child Care opens at 9 am. Those registered in the Before School Program are only eligible for this service.

Photographs Participants may be photographed during programs and the photos may be reproduced in this publication, in the local newspaper or on the Department's Web site for program promotion purposes.



Disciplinary Actions The Department has the authority to impose disciplinary sanctions for inappropriate/unsportsmanlike behavior and/or non-compliance with Department policies, guidelines, or safety standards. Disciplinary sanctions for individuals may include but are not limited to: prohibition to attend events, suspensions, and dismissal.

Waiver By participating in programs, activities and classes offered by Annapolis Recreation and Parks, I agree to release and discharge the City of Annapolis, Department of Recreation and Parks, its employees, and agents from any injuries sustained by me or my children as a result of participation in said program.

Membership Rules and Policies See membership application for specific rules, policies and details regarding membership.



PMRC Summer Hours:

Effective June 1 - September 5, 2010

Monday - Thursday	6 am - 9 pm
Friday	6 am - 6 pm
Saturday	8 am - 6 pm
Sunday	11 am - 6 pm

NEW

Coming Soon ...

Effective July 1, 2010

It is expected that membership and rental fees will increase. Follow our Web site www.annapolis.gov/recreation for more information.

Mark Your Calendar:

May

- 1 Trash to Treasures Rummage Sale
- 11 Swing for the Kids 9th Annual Golf Tournament
- 15 Dance Recital for Cheryl Mauck's youth classes
- 24 - 28 FREE Fitness Class Preview Week (pg 6)
- 29 Truxtun Park Pool opens weekends
- 31 PMRC Closed

June

- 12 Truxtun Park Pool opens weekdays
- 19 TRI-iT Fun Festival
- 20 Truxtun Youth Triathlon
- 27 Noodle Night at the Pool

July

- 4 PMRC Closed
- 4 Celebrate July 4th at the Pool
- 26 FREE Spirit of America Camp (pg 12)

August

- 14 Dive in Movie Night at the Pool
- 23 - 29 PMRC Closed for annual maintenance
- 28 Dive in Movie Night at the Pool

Spend some time
in our parks this
summer!

See page 14 for a full listing.



Register for our Summer 2010 Programs today! www.annapolis.gov/recreation



TRI-iT Fun Festival

Saturday, June 19, 11 am - 3 pm

**Get outside and play! More than 25
different activities to try! Bring the whole
family for a day of FREE fun!**

Held at "Pip" Moyer Recreation Center at Truxtun Park

*Sponsored by Annapolis Recreation & Parks and
Chesapeake Family Magazine*

You asked for it ... See page 5 for more information

Full Membership Perk: 12 Primary Fitness Classes are now included with your Full Membership!
Program Members: You can now purchase a Fitness Class Pass that allows you to go
to various fitness classes!